

CLAIMS AMENDMENTS AND CLAIMS LISTING:

5. (Currently Amended) A chair seat and standing apparatus for helping relieve and diminish lower back pain and stiffness while seated in a chair or standing on the apparatus, comprising:

a pair of pads including a left pad and a right pad, the two pads being positioned to support the respective pelvic ilia of a seated person, the pads including seat platforms at bottom sides, and including only two such seat platforms, one with each of the left and right pads,

a lower platform in spaced relationship below the seat platforms, and

resilient means ~~connected to and~~ positioned below and connected independently to each of said seat platforms and secured to the lower platform for allowing movement of the pelvis and lower back of the seated person via resilient springing action ~~such as to allowing~~ the hip and pelvis motion of walking, and said resilient means defining and allowing for movement in pitch, roll and yaw as well as forward and rearward glide of the ilia and sacral bones relative to one another.

9. (Currently Amended) A chair seat apparatus for helping relieve and diminish lower back pain and stiffness while seated on the apparatus, comprising:

a pair of pads including a left pad and a right pad, the two pads being positioned to support the respective pelvic ilia of a seated person, the pads including seat platforms at bottom sides,

left and right pads,

a lower platform below the seat platforms, and resilient support means for supporting the two pads independently such as to thereby support the two pelvic ilia of the seated person independently and for defining movement that allowing allows the ilia to move reciprocally relatively to one another in pitch, roll and yaw motion as well as forward and rearward glide and lateral glide of the ilia and sacral bones relative to one another.

10. (Previously Presented) The apparatus of claim 9, wherein the resilient means include four resilient units below each seat platform, arranged in spaced apart relationship, so as to allow said reciprocal movement in pitch, roll and yaw as well as forward and rearward glide and lateral glide of the ilia and sacral bones relative to one another.

11. (Previously Presented) The apparatus of claim 5, wherein the resilient means include four resilient units below each seat platform, arranged in spaced apart relationship, so as to allow said movement in pitch, roll and yaw as well as forward and rearward glide of the ilia and sacral bones relative to one another.